



Gordon Head Middle School

Monday

April 27, 2026

- Division 9, Mr. Ross's class, is responsible for grounds clean up this week. Thank you for looking after our outside areas.
- **It's Mental Health Monday! Here is today's Mental Health Tip:** *Perfectionism is like trying to stack jello... wobbly and exhausting. Give yourself permission to be "good enough." Jello towers don't last long anyway.*
- Any grade 8's who are interested in being "Mental Health Ambassadors", please meet Ms. Myles in the home ec. room at 12:12 tomorrow.
- GSA Club meets today after the eating period of lunch.
- Track and field practice at lunch today is for long jump and high jump.
- Tomorrow, try outs for 100m, 200m and relay will happen during the lunch break (come at the bell).
- Wednesday at lunch will be discus, shot put and long jump.
- Rugby practice today is for grade 8 boys and girls. Please meet at 3:00 out back.
- Badminton this week is as follows:

Grade 6 comp. players who qualified for today's city playoffs at SMUS will meet in the gym after eating lunch (12:15ish). We'll go over travel plans, hand out uniforms, and review expectations.

Grade 8 comp. players who still need to finish their school playoffs should come to the gym at the start of lunch today (11:59).

Grade 7 and 8 comp. players will be traveling to SMUS tomorrow and Wednesday. Meetings for these groups will be announced soon, so please listen carefully to daily announcements.

Teachers, a list of students who need to leave early for playoffs has been shared. Please allow these students to leave by 1:45 on their respective days.

Good luck to all our players at the city playoffs — Go Grizzlies!